Free Your Body w/Yoga

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Channeling your inner fire

by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 18 June 2023 |

Channeling your inner fire

The solar plexus chakra is located in the center of your abdomen, just below your rib cage. It is associated with the element of fire, and its color is yellow. The solar plexus chakra is responsible for our sense of personal power, self-esteem, and confidence. When this chakra is balanced, we feel confident and capable, and we can assert ourselves and stand up for what we believe in. We are also able to take charge of our lives and achieve our goals.

There are many things we can do to strengthen our solar plexus chakra and

channel our inner fire. Here are a few suggestions:

- **Meditation:** Meditation is a great way to connect with your inner self and to calm the mind. When the mind is calm, it is easier to access the power of the solar plexus chakra. There are many different types of meditation, so find one that works for you and practice it regularly.
- **Yoga:** Yoga is another great way to connect with your inner self and to strengthen your solar plexus chakra. Yoga poses that focus on the abdomen, such as twists and core strengthening poses, can help to open up the solar plexus chakra. There are many different types of yoga, so find one that you enjoy and practice it regularly. It can assist if you have ***OCD***.
- **Crystals:** Crystals can be used to help balance and strengthen the chakras. Some crystals that are associated with the solar plexus chakra include citrine, tiger's eye, and yellow jasper. You can wear these crystals, carry them in your pocket, or place them in your home.
- **Color therapy:** Color therapy is the use of color to promote healing and balance. The color yellow is associated with the solar plexus chakra, so you can use yellow in your environment to help balance this chakra. You can wear yellow clothing, decorate your home with yellow objects, or simply spend time in nature, where you can see the sun and other yellow objects.
- **Aromatherapy:** Aromatherapy is the use of essential oils to promote healing and balance. Some essential oils that are associated with the solar plexus chakra include lemon, grapefruit, and ginger. You can diffuse these oils in your home, add them to a bath, or apply them topically.
- **Healthy eating:** Eating a healthy diet can help to improve your overall health and well-being, which can also help to strengthen your chakras. Make sure to eat plenty of fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of caffeine and alcohol.
- **Positive affirmations:** Positive affirmations are statements that you repeat to yourself in order to change your thoughts and beliefs. When you repeat positive affirmations, you are essentially programming your mind

to believe in yourself and your abilities. This can help to strengthen your solar plexus chakra and increase your confidence.

By following these suggestions, you can strengthen your solar plexus chakra and channel your inner fire. When you do this, you will feel more confident, capable, and in control of your life. You will also be better able to achieve your goals and live your best life.

Here are some additional tips for channeling your inner fire:

- **Set clear goals for yourself.** When you have goals to strive for, you are more likely to feel motivated and confident.
- **Take action.** Don't just dream about what you want to achieve, take steps to make it happen.
- **Don't be afraid to fail.** Everyone fails sometimes, but it's important to learn from your mistakes and keep moving forward.
- **Surround yourself with positive people.** The people you spend time with have a big impact on your mood and outlook on life. Make sure to surround yourself with people who support you and believe in you.
- **Believe in yourself.** The most important thing is to believe in yourself and your ability to achieve your goals. When you believe in yourself, anything is possible.

Channeling your inner fire is a journey, not a destination. It takes time and effort to strengthen your solar plexus chakra and to fully embrace your power. But it is a journey that is well worth taking. When you do, you will live a more confident, fulfilling, and successful life.

How color therapy works with the Solar Plexus chakra:

Color therapy is a holistic healing modality that uses the power of color to promote physical, emotional, and spiritual well-being. The color yellow is associated with the solar plexus chakra, which is located in the abdomen, just below the rib cage. The solar plexus chakra is responsible for our sense of personal power, self-esteem, and confidence. When this chakra is balanced, we feel confident and capable, and we can assert ourselves and stand up for what we believe in. We are also able to take charge of our lives and achieve our goals.

When the solar plexus chakra is blocked or imbalanced, we may experience a variety of physical, emotional, and mental symptoms, such as:

- **Physical symptoms:** stomach problems, digestive issues, low energy, fatigue
- **Emotional symptoms:** low self-esteem, lack of confidence, fear, anxiety, anger
- **Mental symptoms:** difficulty making decisions, feeling stuck, lack of motivation

Color therapy can be used to help balance and heal the solar plexus chakra. The color yellow is associated with the sun, which is a symbol of power, strength, and vitality. When we are exposed to the color yellow, it can help to boost our confidence, increase our energy levels, and promote a sense of well-being.

There are many different ways to use color therapy to balance the solar plexus chakra. Here are a few examples:

- **Color visualization:** This is a simple and effective way to use color therapy. Simply close your eyes and visualize the color yellow. See the color filling your body, starting from your solar plexus and radiating out to the rest of your body. As you visualize the color yellow, focus on feelings of confidence, strength, and vitality.
- **Color meditation:** Color meditation is a more advanced form of color therapy. In color meditation, you will use the color yellow to help you enter a state of deep relaxation and meditation. To do this, find a quiet place where you will not be disturbed. Sit or lie down in a comfortable position. Close your eyes and take a few deep breaths. As you breathe in, visualize the color yellow filling your body. As you breathe out, imagine any negative energy being released from your body. Continue to breathe and visualize the color yellow for 10-15 minutes.
- **Color exposure:** This is a simple way to use color therapy to balance the solar plexus chakra. Simply spend time in environments that are filled with the color yellow. This could include walking through a yellow field, sitting in a yellow room, or wearing yellow clothing.
- **Color therapy with crystals:** Crystals can be used to amplify the effects of color therapy. Some crystals that are associated with the solar plexus chakra include citrine, tiger's eye, and yellow jasper. You can wear these crystals, carry them in your pocket, or place them in your home.

Color therapy is a safe and effective way to balance the solar plexus chakra. If you are experiencing any of the physical, emotional, or mental symptoms that are associated with an imbalanced solar plexus chakra, color therapy may be a helpful treatment option for you.

Here are some additional tips for using color therapy to balance the solar plexus chakra:

- **Be consistent:** The more often you use color therapy, the more effective it will be. Try to practice color therapy for at least 10-15 minutes per day.
- **Be patient:** It may take some time to see results from color therapy. Don't get discouraged if you don't see results immediately. Just keep practicing and be patient.
- **Listen to your body:** Color therapy is a personal experience. What works for one person may not work for another. Pay attention to how you feel when you use color therapy and adjust your practice accordingly.

By following these tips, you can use color therapy to balance the solar plexus chakra and improve your overall health and well-being.

How to eat healthy for your Solar Plexus chakra:

The solar plexus chakra is located in the abdomen, just below the rib cage. It is associated with the element of fire, and its color is yellow. The solar plexus chakra is responsible for our sense of personal power, self-esteem, and confidence. When this chakra is balanced, we feel confident and capable, and we can assert ourselves and stand up for what we believe in. We are also able to take charge of our lives and achieve our goals.

Our diet plays an important role in the health of our solar plexus chakra. When we eat healthy foods, we are giving our bodies the nutrients they need to function at their best. This can help to improve our mood, boost our energy levels, and increase our confidence.

Here are some tips for eating healthy for your solar plexus chakra:

- **Eat plenty of fruits and vegetables.** Fruits and vegetables are packed with vitamins, minerals, and antioxidants that are essential for good health. They are also low in calories and fat, making them a great choice for people who are trying to lose weight or maintain a healthy weight.
- **Choose whole grains over processed grains.** Whole grains are a good source of fiber, which can help to improve digestion and regulate blood sugar levels. They are also a good source of B vitamins, which are important for energy production.
- **Include lean protein in your diet.** Lean protein is important for building and maintaining muscle mass. It is also a good source of iron, which is important for carrying oxygen throughout the body.

- **Limit your intake of sugary drinks and processed foods.** Sugary drinks and processed foods are high in calories and low in nutrients. They can contribute to weight gain, obesity, and other health problems.
- **Drink plenty of water.** Water is essential for good health. It helps to regulate body temperature, flush toxins from the body, and keep the digestive system running smoothly.

In addition to eating healthy foods, there are other things you can do to support the health of your solar plexus chakra. These include:

- **Get regular exercise.** Exercise is a great way to boost your mood, improve your energy levels, and reduce stress. It can also help to improve your digestion and strengthen your muscles.
- **Get enough sleep.** When you don't get enough sleep, you may feel tired, irritable, and have trouble concentrating. This can make it difficult to make decisions and stand up for yourself.
- **Practice yoga or meditation.** Yoga and meditation are great ways to relax and de-stress. They can also help to improve your focus and concentration.
- **Spend time in nature.** Spending time in nature can help to reduce stress and improve your mood. It can also help you to connect with your inner power and confidence.

By following these tips, you can eat healthily and support the health of your solar plexus chakra. This can help you to feel more confident, capable, and in control of your life.

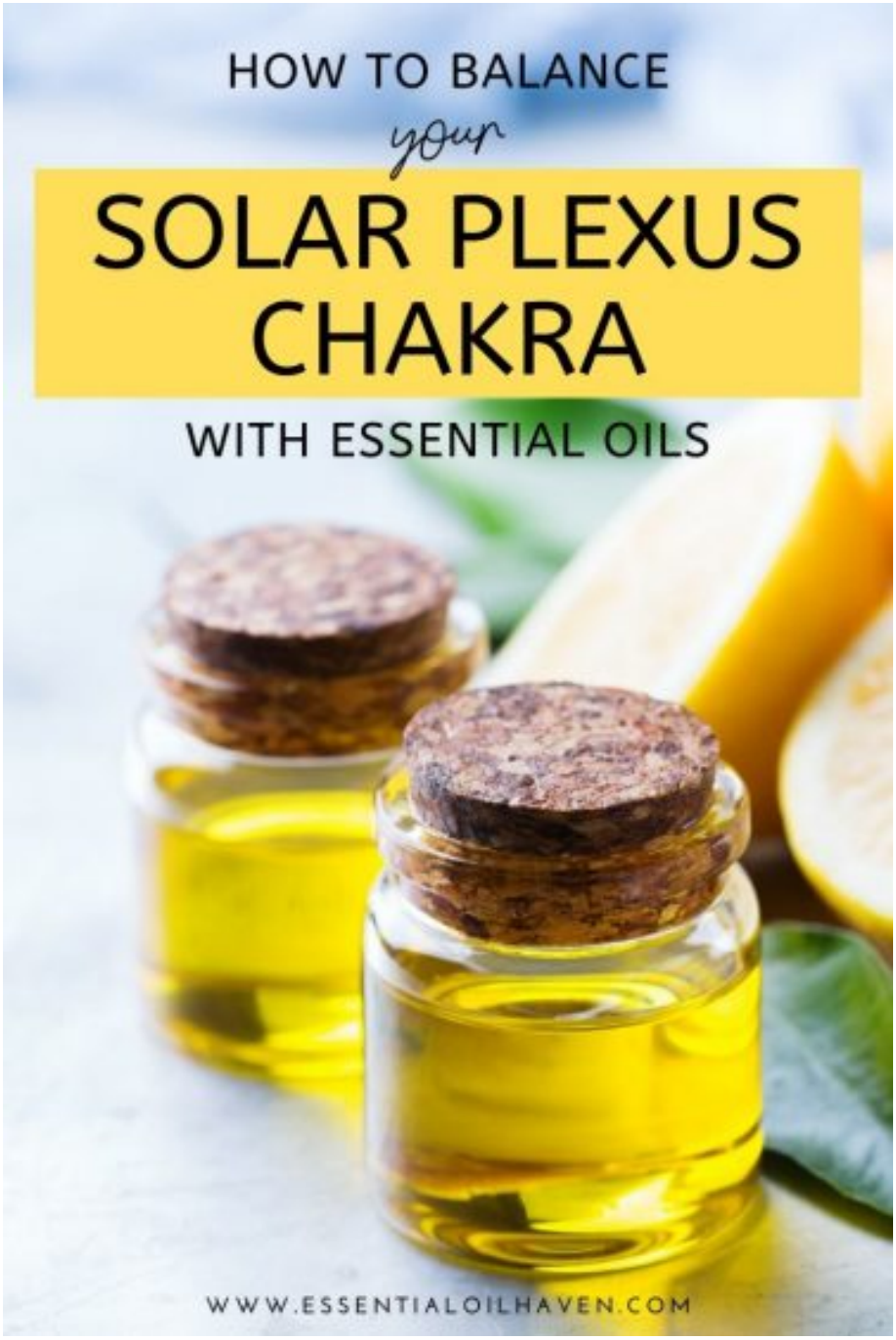
Here are some additional tips for eating healthy for your solar plexus chakra:

- **Cook at home more often.** This will give you more control over the ingredients that go into your food.
- **Read food labels carefully.** Pay attention to the amount of sugar, fat, and sodium in the foods you are choosing.
- **Listen to your body.** Pay attention to how you feel after you eat different foods. If you feel tired, bloated, or sluggish after eating a certain food, it may be best to avoid that food.

By following these tips, you can make healthy choices that will support the health of your solar plexus chakra.

Using Aromatherapy for your Solar Plexus chakra:

Aromatherapy is a holistic healing modality that uses the essential oils of plants to promote physical, emotional, and spiritual well-being. The solar plexus chakra is located in the abdomen, just below the rib cage. It is associated with the element of fire, and its color is yellow. The solar plexus chakra is responsible for our sense of personal power, self-esteem, and confidence. When this chakra is balanced, we feel confident and capable, and we can assert ourselves and stand up for what we believe in. We are also able to take charge of our lives and achieve our goals.



https://www.essentialoilhaven.com/essential-oils-for-the-solar-plexus-chakra/

When the solar plexus chakra is blocked or imbalanced, we may experience a variety of physical, emotional, and mental symptoms, such as:

- **Physical symptoms:** stomach problems, digestive issues, low energy, fatigue
- **Emotional symptoms:** low self-esteem, lack of confidence, fear, anxiety, anger

- **Mental symptoms:** difficulty making decisions, feeling stuck, lack of motivation

Aromatherapy can be used to help balance and heal the solar plexus chakra. The essential oils that are associated with the solar plexus chakra are those that have a stimulating, warming, and uplifting effect. These oils can help to increase our confidence, boost our energy levels, and promote a sense of well-being.

Some of the essential oils that are commonly used for the solar plexus chakra include:

- **Black pepper:** Black pepper is a warming and stimulating oil that can help to increase confidence and motivation.
- **Ginger:** Ginger is a warming and uplifting oil that can help to reduce anxiety and promote a sense of well-being.
- **Lemon:** Lemon is a stimulating and uplifting oil that can help to increase energy levels and improve digestion.
- **Ylang ylang:** Ylang ylang is a calming and relaxing oil that can help to reduce stress and promote a sense of peace.

There are many different ways to use aromatherapy to balance the solar plexus chakra. Here are a few examples:

- **Diffusion:** Diffusion is the most common way to use aromatherapy. To diffuse essential oils, add a few drops of oil to a diffuser and turn it on. The diffuser will disperse the oil into the air, where you can breathe it in.
- **Massage:** Massage is a great way to relax the body and mind. To massage with essential oils, add a few drops of oil to a carrier oil (such as jojoba oil or sweet almond oil) and massage it into the skin.

- **Bath:** Adding essential oils to a bath can help to relax the body and mind. To add essential oils to a bath, add 5-10 drops of oil to a cup of water and pour it into the bath.
- **Inhalation:** Inhaling essential oils can help to improve mood and reduce stress. To inhale essential oils, add a few drops of oil to a tissue or handkerchief and hold it up to your nose.
- **Topical application:** Applying essential oils to the skin can help to improve circulation and reduce pain. To apply essential oils to the skin, add a few drops of oil to a carrier oil (such as jojoba oil or sweet almond oil) and apply it to the desired area.

Aromatherapy is a safe and effective way to balance the solar plexus chakra. If you are experiencing any of the physical, emotional, or mental symptoms that are associated with an imbalanced solar plexus chakra, aromatherapy may be a helpful treatment option for you.

Here are some additional tips for using aromatherapy to balance the solar plexus chakra:

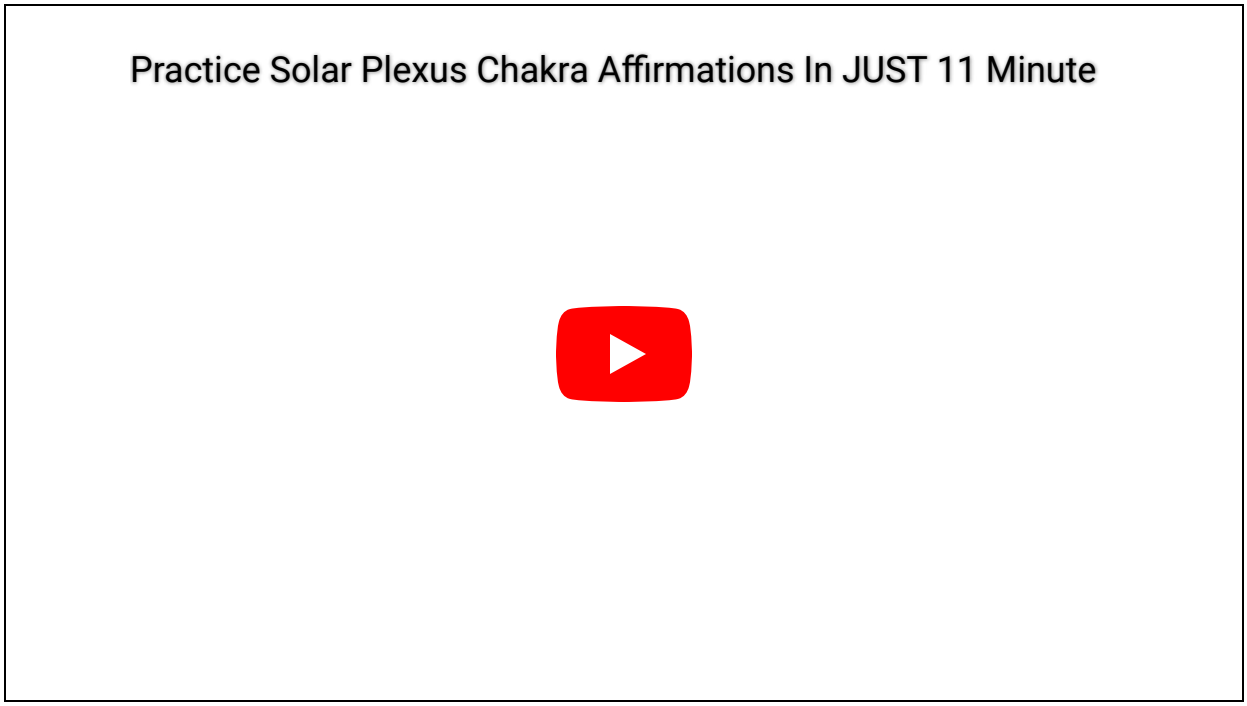
- **Be consistent:** The more often you use aromatherapy, the more effective it will be. Try to use aromatherapy for at least 10-15 minutes per day.
- **Be patient:** It may take some time to see results from aromatherapy. Don't get discouraged if you don't see results immediately. Just keep practicing and be patient.
- **Listen to your body:** Aromatherapy is a personal experience. What works for one person may not work for another. Pay attention to how you feel when you use aromatherapy and adjust your practice accordingly.

By following these tips, you can use aromatherapy to balance the solar plexus chakra and improve your overall health and well-being.

10 affirmations to balance your solar plexus chakra:

1. I am powerful.
2. I am confident.
3. I am worthy of love and respect.
4. I am in control of my life.
5. I am capable of achieving my goals.
6. I am not afraid to stand up for myself.
7. I am not afraid to take risks.
8. I am open to new experiences.
9. I am grateful for the gifts I have been given.
10. I am worthy of happiness.

Repeat these affirmations to yourself daily, and focus on feeling the emotions that they represent. With time and practice, you will start to feel more confident, powerful, and in control of your life.



Here are some additional tips for using affirmations to balance the solar plexus chakra:

- **Be specific:** When you are creating affirmations, be as specific as possible. For example, instead of saying "I am confident," say "I am confident in my ability to give a presentation."
- **Be positive:** Affirmations should be positive and uplifting. Avoid using negative words or phrases.
- **Be present:** When you are repeating affirmations, focus on the present moment and how you are feeling. Don't worry about the past or the future.
- **Be patient:** It may take some time to see results from using affirmations. Don't get discouraged if you don't see results immediately. Just keep practicing and be patient.

By following these tips, you can use affirmations to balance the solar plexus chakra and improve your overall health and well-being.

By following these suggestions, you can strengthen your solar plexus chakra and balance your overall energy system. When you do this, you will feel more confident, capable, and in control of your life. You will also be better able to achieve your goals and live your best life.

Here are some additional tips for balancing your solar plexus chakra:

- **Set clear goals for yourself.** When you have goals to strive for, you are more likely to feel motivated and confident.
- **Take action.** Don't just dream about what you want to achieve, take steps to make it happen.
- **Don't be afraid to fail.** Everyone fails sometimes, but it's important to learn from your mistakes and keep moving forward.

- **Surround yourself with positive people.** The people you spend time with have a big impact on your mood and outlook on life. Make sure to surround yourself with people who support you and believe in you.
- **Believe in yourself.** The most important thing is to believe in yourself and your ability to achieve your goals. When you believe in yourself, anything is possible.

Balancing your solar plexus chakra is a journey, not a destination. It takes time and effort to strengthen your solar plexus chakra and to fully embrace your power. But it is a journey that is well worth taking. When you do, you will live a more confident, fulfilling, and successful life.

Download 17 CHAKRA bonus items for FREE

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Pre-Caution

While engaging in any **yoga activities, always remember**:

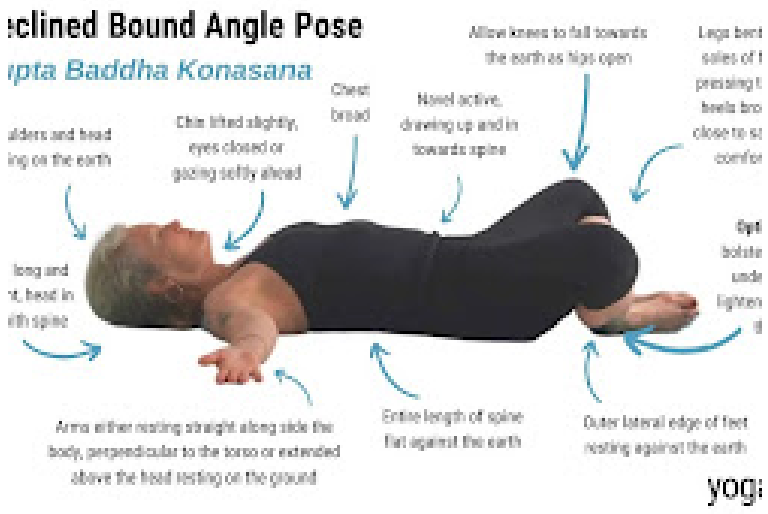
- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

> **Always listen to your body and modify poses as needed.** Also review on our ***website***, our guidance on using Yoga for mental health purposes.

Yoga

3 Yin Yoga asanas to balance the solar plexus chakra:

- **Reclined Bound Angle Pose (Supta Baddha Konasana)**: This pose is a great way to open up the hips and solar plexus. To do this pose, start by lying on your back with your knees bent. Bring the soles of your feet together and clasp your hands around your shins. Gently draw your knees towards your chest, and hold for 5-10 minutes.Yogajala Reclined Bound Angle Pose (Supta Baddha Konasana) Yin Yoga pose


Allow knees to fall towards the earth as hips open
Chin lifted slightly, eyes closed or gazing softly ahead
Chest broad
Navel active, drawing up and in towards spine
Arms either resting straight along side the body, perpendicular to the torso or extended above the head resting on the ground
Entire length of spine flat against the earth
Outer lateral edge of feet resting against the earth

https://yogajala.com/reclining-bound-angle-pose-supta-baddha-konasana/

- **Pigeon Pose (Kapotasana)**: This pose is another great way to open up the hips and solar plexus. To do this pose, start on your hands and knees. Bring your right knee forward and place it behind your right wrist. Extend your left leg back behind you, keeping your left foot flexed. Lower your hips down towards the floor, and hold for 5-10 minutes. Repeat on the other side. Yogajala Pigeon Pose (Kapotasana) Yin Yoga pose

eclining Pigeon Pose
upta Kapotasana
Arms brought on the inside of the supporting leg, clasping back of the knee gently bringing it towards the chest
Chin tucked slightly, eyes closed or gazing softly ahead
Chest broad
Foot active but not flexed
Tailbone rooting down towards the earth
Entire length of spine flat against the earth
Spine long and straight, head in line with spine

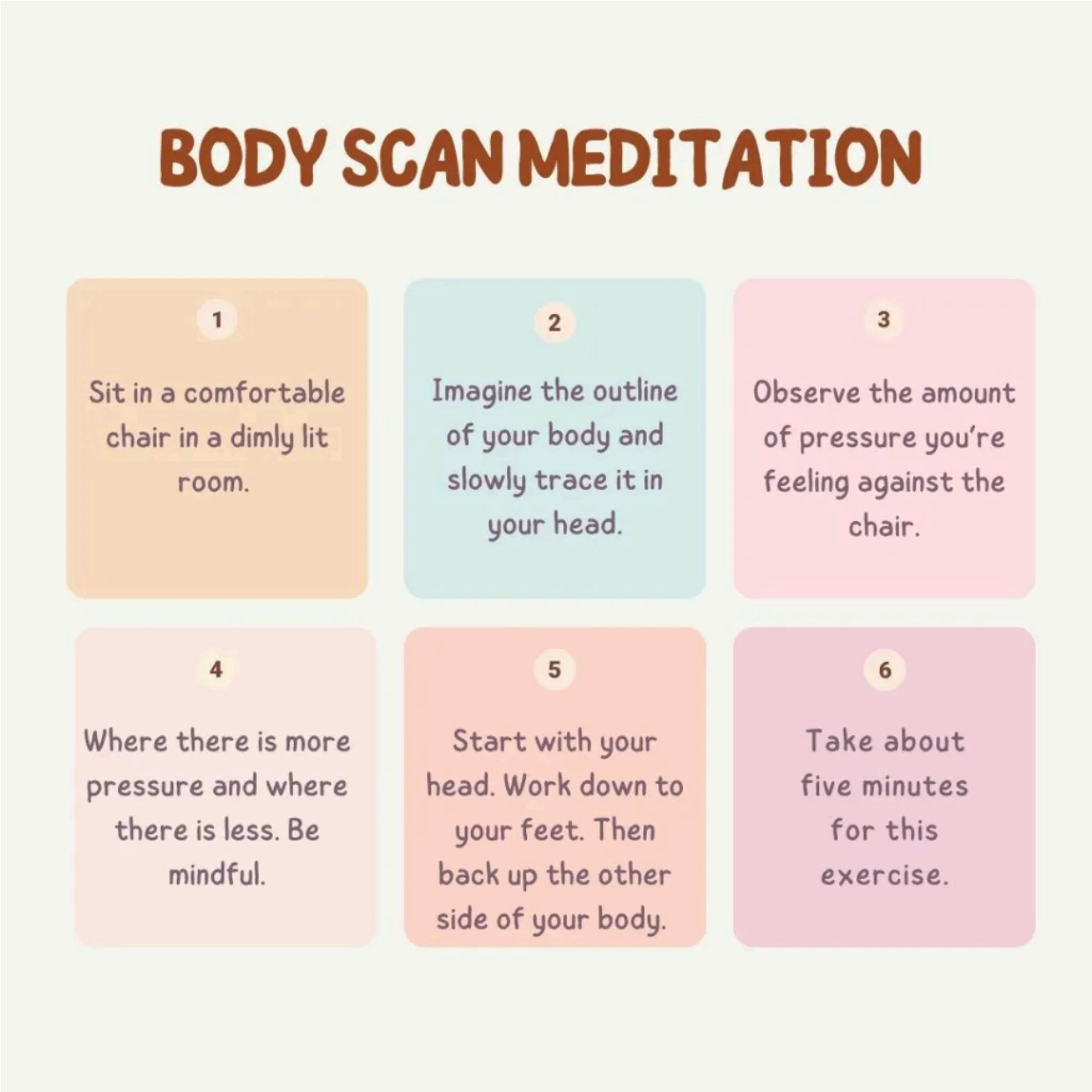
- **Cobra Pose (Bhujangasana)**: This pose is a great way to strengthen the back and solar plexus. To do this pose, start on your hands and knees. Place your hands shoulder-width apart, and your knees hip-width apart. Press your hands into the floor and straighten your arms, lifting your chest off the floor. Gaze forward, and hold for 5-10 breaths. Yoga Lily Cobra Pose (Bhujangasana) Yin Yoga pose.

Modifications

These are just a few of the many Yin Yoga asanas that can be used to balance the solar plexus chakra. If you are new to Yin Yoga, it is important to start slowly and gradually increase the amount of time you spend in each pose. It is also important to listen to your body and not push yourself too hard.

Instantly heal your chakras with this binaural recording *LINK*

Resources


BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
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- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**

- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/**
- **In The Rooms (web based 12-STEP rooms) https://www.intherooms.com/home/**

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**

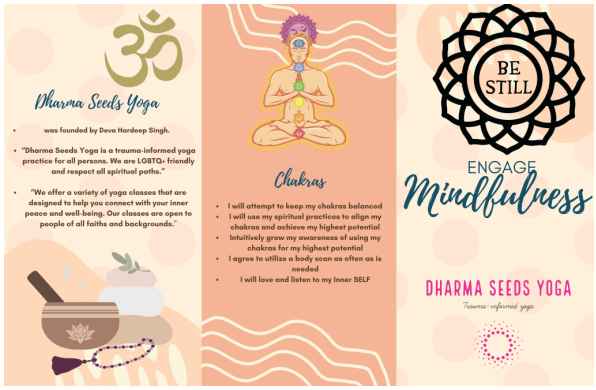
Sign up for our newsletter: http://eepurl.com/hQlzgL

Dharma Seeds Press bookstore: https://www.lulu.com/spotlight/dharma-seeds-yoga-press/

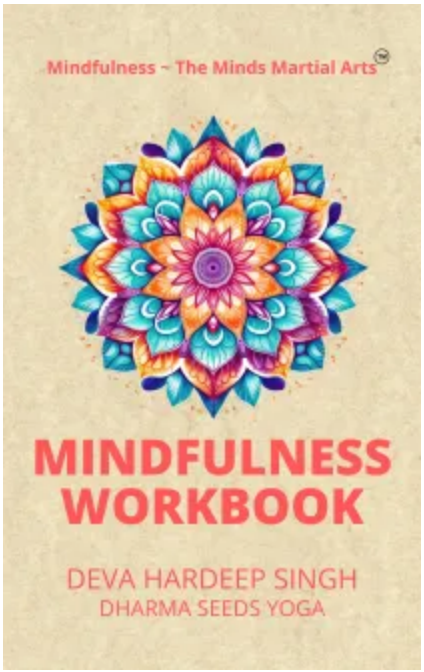
Deva's BoHo Shoppe

Dharma Seeds Yoga *brochure*

Join our Engage Mindfulness™ *Minds Martial Artist*™ program FREE


Dharma Seeds Yoga
was founded by Deva Hardeep Singh.
"Dharma Seeds Yoga is a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly and respect all spiritual paths."
"We offer a variety of yoga classes that are designed to help you connect with your inner peace and well-being. Our classes are open to people of all faiths and backgrounds."
Chakras
I will attempt to keep my chakras balanced
I will use my spiritual practices to align my chakras and achieve my highest potential
Intuitively grow my awareness of using my chakras for my highest potential
I agree to utilize a body scan as often as is needed
I will love and listen to my Inner SELF
BE STILL
ENGAGE
Mindfulness
DHARMA SEEDS YOGA
Trauma-informed yoga

For more information on our Engage Mindfulness™ please email: **dharmaseedsyoga@gmail.com**



NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

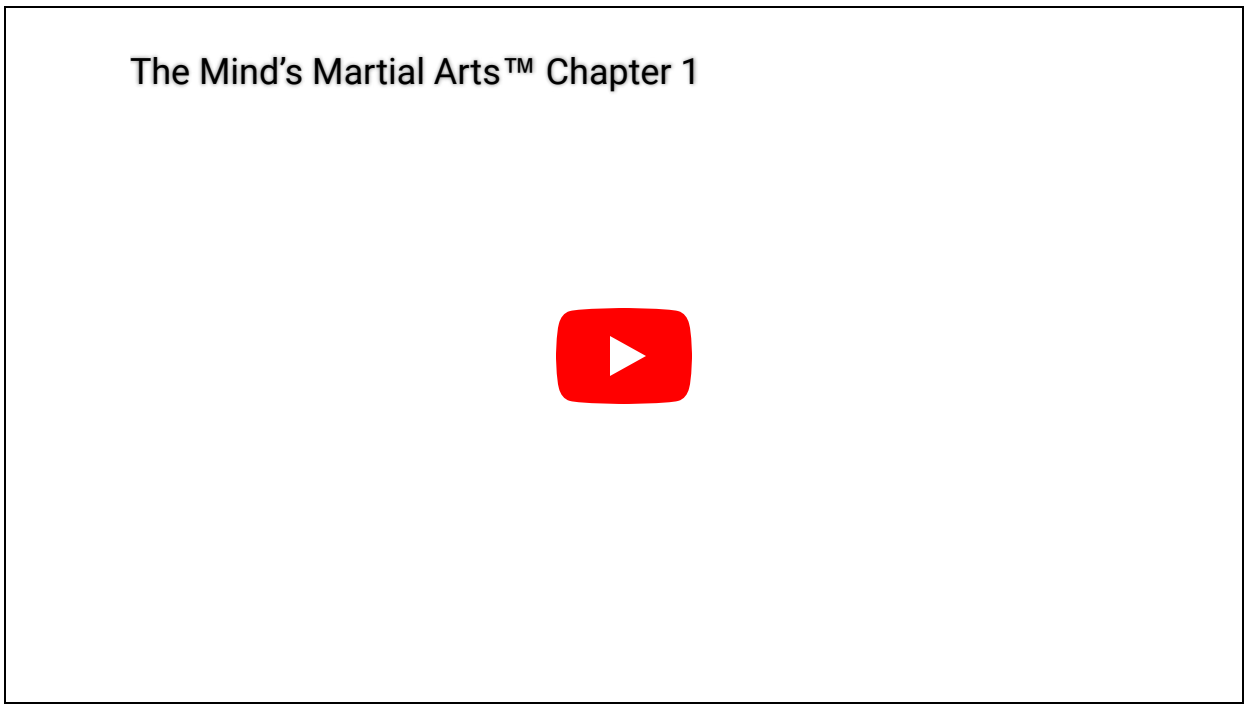
The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.



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SELF-CARE PLANNER
2024
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TAKE CARE OF YOURSELF THIS YEAR WITH THE 2024 SELF CARE PLANNER!
PLAN YOUR SELF-CARE ACTIVITIES AND TRACK YOUR PROGRESS
FIND INSPIRATION AND MOTIVATION TO TAKE CARE OF YOURSELF
MAKE SELF-CARE A PRIORITY IN YOUR LIFE

Sample PDF

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https://bit.ly/DSY-Binaural1

Mar 2023 at families 100+year Indigenous homestead.

Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Find Deva on World Yoga Federation

dharmaseedsyoga June 18, 2023

Accessible Yoga, Asanas, Chakras, Health & Wellness, Meditation, Mindfulness, Raja Yoga, Workshops, World Yoga Federaton, Yin Yoga, Yoga Philosophy

Accessible Yoga, Chakras, Dharma Seeds Yoga, Health & Wellness, World Yoga Federation, Yin Yoga, Yoga

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